

CLAIMS

That which is claimed is:

1. A method for modifying a characteristic of a sole structure for an article of footwear, said method comprising steps of:
 - manufacturing at least one discrete, vertically-projecting, columnar element to include a substantially vertical void located on an interior of said columnar element;
 - locating said columnar element between upper and lower surfaces of a cavity formed within said sole structure;
 - providing a first insert and a second insert that are separate from said sole structure and configured to be removably-received by said void; and
 - supplying each of said first insert and said second insert with a first securing portion of a securing mechanism and supplying said sole structure with a corresponding second securing portion of said securing mechanism, said first securing portion being joinable with said second securing portion to secure one of said first insert and said second insert within said void.
2. The method of claim 1, further including a step of inserting one of said first insert and said second insert within said void to modify said characteristic of said sole structure.
3. The method of claim 1, further including a step of removing both said first insert and said second insert from said void to modify said characteristic of said sole structure.
4. The method of claim 1, further including a step of interchanging said first insert with said second insert to modify said characteristic of said sole structure.
5. The method of claim 1, wherein the step of manufacturing includes forming an aperture through an outsole of said sole structure to provide access for said first insert and said second insert.

6. The method of claim 1, wherein the step of providing includes forming said first insert and said second insert to have different physical properties.
7. The method of claim 1, wherein the step of providing includes forming said first insert and said second insert from materials with different compressibilities.
8. The method of claim 1, further including a step of positioning said second securing portion in an aperture formed in a semi-rigid plate.
9. The method of claim 8, wherein the step of positioning includes locating said semi-rigid plate between said columnar element and an outsole.
10. A method for modifying a characteristic of a sole structure for an article of footwear, said method comprising steps of:
 - manufacturing at least one discrete, vertically-projecting, columnar element to include a substantially vertical void located on an interior of said columnar element;
 - locating said columnar element between upper and lower surfaces of a cavity formed within said sole structure;
 - providing a first insert and a second insert that are separate from said sole structure and configured to be removably-received by said void, said first insert and said second insert being formed to have different physical properties;
 - supplying each of said first insert and said second insert with a first securing portion of a securing mechanism and supplying said sole structure with a corresponding second securing portion of said securing mechanism, said first securing portion being joinable with said second securing portion to secure one of said first insert and said second insert within said void; and
 - selecting one of:
 - a first configuration, wherein said first insert is received by said void,
 - a second configuration, wherein said second insert is received by said void, and

a third configuration, wherein neither said first insert nor said second insert are received by said void.

11. The method of claim 10, wherein the step of manufacturing includes forming an aperture through an outsole of said sole structure to provide access for said first insert and said second insert.

12. The method of claim 10, wherein the step of providing includes selecting said different physical properties to be different compressibilities.

13. The method of claim 10, further including a step of positioning said second securing portion in an aperture formed in a semi-rigid plate.

14. The method of claim 13, wherein the step of positioning includes locating said semi-rigid plate between said columnar element and an outsole.